NAME : **CLASS :**

TOPIC 9.0 TAKE CARE

INTEGRATED SKILLS

PART 1 – ALL ABOUT HOLIDAY HEALTH

Reading Practice – Pulse 2 Page 100

Read the advice on Pulse 2 page 100 and answer the questions.

1 What should you put on a blister?

2 What should you do if a snake bites you?

3 What should you always wear in the sun?

4 When should you use the insect repellent?

5 What should you do if you get a headache?

6 What should you do if you feel sick when you're travelling?

Listening Practice – Pulse 2 Page 100.



Exercise 3

Listen to two friends talking about a mobile app. What is the app called?

Exercise 4 – Listen again and answer the questions.

1 With this app, you can

2 You can

3 The girl once had a

4 The app gives information about

5 The boy is planning to go

LIVEWORKSHEETS

PART 2 – TALKING ABOUT HEALTH

Listen to Nina telling the pharmacist about a health problem. Complete 1 – 4 below.

Hi there, What's the matter?	I've got some (1) on my legs.
Oh dear! When did that happen?	They (2) me yesterday when I was in the park.
Oh no! How do you feel?	I feel OK, but they're quite painful.
Right. I think you should use this (3)_____ on the bites and make a doctor's appointment if they get worse.	Yes, I'll do that. How much is this?
It's 3.99.	OK here you go.
I hope you feel (4) soon!	Thanks!

LIVEWORKSHEETS

NON-TEXTBOOK – ERROR IDENTIFICATION PRACTICE

PRACTICE 1

Read the text below and correct the underline errors. For each question, write the correct word in the space provided on your answer sheet.

HOW TO START EXERCISING

A lot of people like exercising (0) or even more don't. If you are like me and don't find it fun, here's what you can do. (1) Starts with a good attitude. Invite a friend or a family member to join you. This will make it (2) enjoy. Next, make small changes in (3) you life. Walk to school or use the stairs instead of the elevator. (4) Adding aerobic activities such as running, swimming, playing basketball or spinning. These activities get your heart (5) pumped. You will breathe harder and your heart will beat faster. Your fitness level will (6) improved. Your heart and lungs will work better and you can maintain a (7) health weight too. But before you start exercising, stretch before (8) or after your workout. Stretching is important because it protects your body against injury. You are more likely to continue your daily exercise if you are injury free.

Example:

0	but
1	
2	
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PRACTICE 2

Read the text below and correct the underline errors. For each question, write the correct word in the space provided on your answer sheet.

MAKING OLIVE OIL

After olives are (0) collection, they are washed. Then, they are divided based on their plumpness, ripeness (1) or quality. They are stored for a short period to allow them to get warm. Warm olives (2) releases their oil easily. After that, they are (3) rinses in cold water and crushed. The crushed olives, then, go through a machine where blades mash them to (4) creating a paste. This is followed by oil extraction. The olive paste is put in pressing bags. (5) From 25 and 50 bags are stacked on a press plate. After that, a piston pushes (6) through the stack and oil seeps out. The oil that is (7) extraction is called 'extra-virgin'. The paste, then, goes through more presses. The oil (8) when is collected after that is of a lesser grade. Then, it goes into a spinning drum to separate the vegetable water from the oil. Finally, it is stored underground in tanks until it is ready to be canned or bottled.

Example:

0	collected
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8	

LIVEWORKSHEETS